

Learn To Live healthnotes

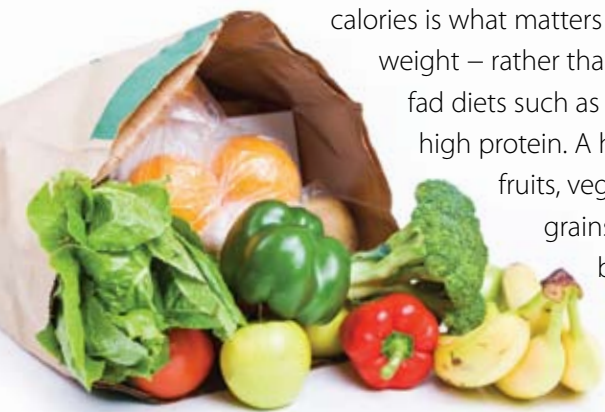
News from the Anne Arundel County Department of Health

Issue 22

Cut Calories. Burn Calories. Lose Weight!

Eat healthy and get moving! Studies show it's the best way to lose weight. A report by the National Weight Control Registry looked at 5,000 people who had lost at least 30 pounds and kept it off for at least one year. Ninety-eight percent of the people in the report ate healthy and ninety-four percent increased their physical activity.

Lose weight by cutting calories. When you reduce calories, you lose weight. Recent research also shows that lowering total calories is what matters most for losing weight – rather than following fad diets such as low carb or high protein. A healthy diet of fruits, vegetables, whole grains, low-fat dairy, beans and lean meats – while limiting foods high in fat,



calories and sugar – can help you lose weight and maintain your ideal weight.

Burn calories with physical activity. Physical activity can help you burn calories faster. It also has many other important health benefits such as:

- **Strengthening your bones and muscles.**
- **Improving mental health and mood.**
- **Lowering blood pressure.**
- **Improving cholesterol levels.**
- **Reducing the risk of heart disease, diabetes, breast cancer and colon cancer.**

The bottom line: Eat healthy and get moving! You'll be healthier and feel better. For a free Healthy Eating Kit and tips on nutrition and exercise, call the Learn To Live Line at **410-222-7979** or visit **www.LearnToLiveHealthy.org**.

Third-Hand Smoke – The Invisible Hazard

Smokers who understand the dangers of secondhand cigarette smoke may try to protect their families by not smoking when children are at home or in the car. Yet they can still expose others to hazardous “third-hand smoke.”

Third-hand smoke is the smelly residue of gases and particles that stick to smokers, their clothes and other surfaces after cigarette smoke has cleared. Third-hand smoke contains many of the same cancer-causing chemicals found in cigarette smoke, including hydrogen cyanide, used in chemical weapons; butane, used in lighter fluid; toluene, found in paint thinners; arsenic; lead; and carbon monoxide.

Simply closing a door to smoke does not protect nonsmokers. Since third-hand smoke sticks to surfaces, it can be absorbed by inhalation, touch or ingestion. Babies and crawling children are especially at risk.

You can reduce the exposure to third-hand smoke by making your home and car smoke-free. Quitting is the best way to protect yourself and others. For more information, call the Learn To Live Line at **410-222-7979** or go to **www.MyQuitKit.org** for a free quit-smoking kit.



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Anne Arundel County Department of Health
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Heart Disease Is the County's Top Killer; African Americans at Higher Risk

Heart disease is still the number-one killer of Anne Arundel County residents, and African Americans have a higher risk than whites.

Heart disease affects the heart's ability to work normally. The most common type is coronary artery disease, which can lead to a heart attack. Several factors can put you at higher risk for heart disease, including high blood pressure; high blood levels of low-density lipoprotein (LDL) or "bad" cholesterol; a diet high in fat, cholesterol or sodium (salt); being physically inactive or overweight/obese; smoking; over-consumption of alcohol; or a family history of heart disease.

Heart attack is one of the most dangerous results of heart disease. The signs of a heart attack are not the same for everyone. Call 911 right away if you have any of these symptoms:

- Sudden pressure, pain or heavy feeling in your chest
- Pain in your chest, shoulder, neck, jaw or arms
- Shortness of breath
- Fainting, sweating or nausea
- Pale and clammy skin
- Fast or irregular heartbeat
- Anxiety or a feeling that something bad is about to happen (usually occurs with other symptoms)

Fortunately, you can lower your risk of heart disease with the following healthy habits:

- Eat healthy foods that are low in saturated fat, trans fat, cholesterol and sodium (salt). Eat plenty of fruits, vegetables, whole grains, low-fat dairy, beans and lean meats. Order a free Healthy Eating Kit from Learn To Live at 410-222-7979 or visit www.LearnToLiveHealthy.org.
- Get regular physical activity – at least 30 minutes a day – including walking, household chores or anything that gets you moving. Check out the Family Fitness Challenge on www.LearnToLiveHealthy.org.
- If you smoke, quit. Get a free quit kit or learn about free quit-smoking classes at 410-222-7979 or visit www.MyQuitKit.org.
- Limit your alcohol intake to one drink a day if you are a woman or two drinks a day if you are a man.
- Lose weight. Even losing 5-10 percent of your body weight can make a big difference.
- See your doctor for health screenings. High blood pressure may have no early warning signs, so get it checked regularly.

Heart-healthy resources:

Learn To Live Line at 410-222-7979, www.LearnToLiveHealthy.org
American Heart Association, www.americanheart.org

The Learn To Live Program of the Anne Arundel County Department of Health

Free services and educational materials for Anne Arundel County residents:

Food and Fitness

- Healthy Eating Kit (available in English/Spanish)
- Family Fitness Challenge

Stopping Tobacco Use

- Quit-smoking classes
- Quit-Smoking Kit (available in English/Spanish)
- www.iQuitKit.org for teen smokers
- Don't Let Us Get Hooked on Tobacco parent guide (available in English/Korean)
 - Tobacco-Free Kids Week

Preventing Cancer

- Colorectal Cancer Kit
- LifeScreen Colorectal Cancer Screening Program
- Prostate Cancer Brochure
- Sun Smart Guide (available in English/Spanish)

Other Healthy Resources

- Fifty-Plus Health Kit
- Women's Health Kit (available in English/Korean)
- HER newsletter for women
- HIM newsletter for men
- General Health Screening Guidelines for Men & Women
- Building Blocks newsletter for preschool/daycare workers and parents

Request materials and information on health services from:

- The Learn To Live Line, 410-222-7979
- LearnToLiveHealthy.org
- The Spanish Language Learn To Live Line, 410-222-4479
- www.aasalud.org for Spanish speakers
- www.SmokingStinks.org for teens and kids



Learn To Live HealthNotes is a newsletter of Learn To Live, a healthy living program of the Anne Arundel County Department of Health, 3 Harry S. Truman Parkway, Annapolis, MD 21401. You may copy or reproduce any material in this newsletter.

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